



## Potato, Caramelized Onion, and Feta Pizza

READY IN



45 min.

SERVINGS



8

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 teaspoon pepper black
- 11 ounce bread dough refrigerated french
- 1 tablespoon cornmeal
- 2 ounces feta cheese crumbled
- 1 tablespoon olive oil
- 2 cups potatoes red thinly sliced
- 0.1 teaspoon salt
- 0.3 cup sun-dried tomatoes packed
- 0.3 cup tomato purée

- 3 cups vidalia sweet thinly sliced
- 1 cup water boiling
- 1 teaspoon or dried fresh minced
- 2 teaspoons or dried fresh minced

## Equipment

- bowl
- frying pan
- oven
- pizza pan

## Directions

- Preheat oven to 425
- Combine tomatoes and water; let stand, covered, 30 minutes.
- Drain tomatoes; coarsely chop.
- Heat 1 tablespoon olive oil in a large nonstick skillet over medium-high heat.
- Add onion; saut 5 minutes. Cook 15 minutes or until golden brown, stirring frequently.
- Unroll the bread dough, and flatten into a 13-inch circle on a lightly floured surface.
- Place the dough on a 12-inch pizza pan sprinkled with cornmeal. Crimp edges of dough with fingers to form a rim. Pierce dough with a fork.
- Bake at 425 for 10 minutes, and set aside.
- Combine potatoes and next 5 ingredients (potatoes through salt) in a bowl. Coat a jelly-roll pan with cooking spray; arrange potatoes in a single layer in prepared pan.
- Bake at 425 for 20 minutes or until potatoes are lightly browned, stirring once.
- Spread the tomato pure over crust. Top with potatoes, caramelized onions, and sun-dried tomatoes; sprinkle with cheese.
- Bake at 425 for 15 minutes or until crust is browned.

## Nutrition Facts



■ PROTEIN 10.95% ■ FAT 23.05% ■ CARBS 66%

## Properties

Glycemic Index:28.44, Glycemic Load:1.23, Inflammation Score:-5, Nutrition Score:5.7060869232468%

## Flavonoids

Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 9.17mg, Quercetin: 9.17mg, Quercetin: 9.17mg, Quercetin: 9.17mg

## Nutrients (% of daily need)

Calories: 186.5kcal (9.33%), Fat: 4.74g (7.29%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 30.53g (10.18%), Net Carbohydrates: 27.96g (10.17%), Sugar: 5.4g (6%), Cholesterol: 6.31mg (2.1%), Sodium: 317.55mg (13.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.06g (10.13%), Manganese: 0.21mg (10.42%), Potassium: 361.29mg (10.32%), Fiber: 2.57g (10.28%), Vitamin C: 7.29mg (8.84%), Vitamin B6: 0.17mg (8.73%), Vitamin K: 8.55µg (8.14%), Copper: 0.16mg (8.02%), Phosphorus: 74.54mg (7.45%), Iron: 1.27mg (7.04%), Vitamin B2: 0.11mg (6.41%), Folate: 24.62µg (6.15%), Calcium: 61.5mg (6.15%), Magnesium: 23.96mg (5.99%), Vitamin B1: 0.08mg (5.47%), Vitamin B3: 0.94mg (4.72%), Zinc: 0.52mg (3.49%), Vitamin B5: 0.32mg (3.2%), Vitamin E: 0.46mg (3.1%), Selenium: 1.86µg (2.65%), Vitamin A: 123.87IU (2.48%), Vitamin B12: 0.12µg (2%)